



Development of Health Care on Basis of Healthy Lifestyle for Forming Future Medicine of Longevity

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Abstract

The World Health Organization considers that health of the person for 75% his conduct of life and a power supply system, for 10% - heredity determines, another 10% - environmental conditions, and only for 5% of service of health care. Health of the person most of all depends on a conduct of life. Natural and spiritual processes and a healthy lifestyle help the person and society to be healthy. The family and public culture of a healthy lifestyle and social infrastructure of a health-saving are fundamentals of public health care. Socially infrastructure of transition of the population to a healthy lifestyle matters for formation of healthy human resources of all age and all segments of the population. If the family and public culture of a healthy lifestyle be transferred from generation to generation, then really public health care will be created. In article health saving aspects which promote are considered to become to health care, really, public. The medicine and health system of the future should become health saving up and to conduct the population to healthy longevity. Hygiene and endoecology, light bioenergy and natural ecology, balanced mentality and spiritual life are criterion of health [1].

Keywords: Health Creative Outlook; Improving Abilities; Health Savings; Healthy Lifestyle; Healthy Longevity

Introduction

The World Health Organization defines health as a condition of full physical, mental and social well-being. This abstract concept of health for applied medicine. The applied medicine is engaged in diseases, instead of health. Doctors in hospitals weaken or temporarily stop its course, improving health. Diseases from harmful addictions turn into the shown steady illness within 5-8 years. Doctors don't establish the reason of such diseases at an early stage and don't eliminate it. The medicine is in a condition of expectation of sick patients. The number of the sick population increases. According to kliniko-diagnostic inspection among graduates of the 9th and 11th classes of 31% have one disease or violation, 28% - two, 33% - three and more. Only 8% of school students are considered as the healthy.

Psychophysio medicine considers that the person is responsible for the health itself, yet didn't ache seriously. The medicine and health system of the future should care of preservation of health of citizens and withdraw them from diseases [1].

The young generation doesn't receive information about health, about development of improving abilities, about measures for restoration of a healthy condition and health savings, about a healthy lifestyle and healthy longevity. In modern society of knowledge and ability health of savings and a healthy lifestyle of pupils of educational institutions is an important component of healthy longevity and public health as this group at their orientation to active public life in the course of socialization will pass on further experience and culture savings and healthy lifestyle health in a family and society [1].

The healthy organism consists of healthy cages. The healthy cage is defined bio parameters. Bio parameters of a healthy cage are defined on the basis of frequency and resonant diagnostics. Physiotherapeutic procedures in hospitals are directed on elimination of the reasons of diseases and achievement bio parameters a healthy cage.

In difficult essence of the person the mechanism of change of a qualitative condition of cages is put. The person via this

mechanism also falls ill and recovers by high-quality change of a condition of cages at spiritual, power, physiological and anatomic levels. Restoration of a healthy condition of cages needs to be carried out at all levels on which there was a deterioration of their qualitative condition.

Psychophysio medicine and health system of the future should become health saving up and to conduct the population to healthy longevity. Training of specialists on development of alkaline lifestyle, on development of improving abilities, on preservation of a healthy condition, on a healthy lifestyle is for this purpose necessary.

Aspects of health

- **Concept of health:** The healthy organism consists of healthy cages. The healthy cage has frequency of 8 hertz and length of a wave of 8 meters. Bio parameters of healthy cages are defined on the basis of frequency and resonant diagnostics.
- **Health of the person:** Is a psycho-physiological condition with the counterbalanced mentality and organism functioning on own frequency of cages of 8 hertz and length of a wave of 8 meters.
- **Levels and measures of regulation of a condition of cages:** In difficult essence of the person the mechanism of change of a qualitative condition of cages is put. The person via this mechanism also falls ill and recovers by high-quality change of a condition of cages at spiritual, power, physiological and anatomic levels. Change of a qualitative condition of cages is carried out at all levels.
- **Spiritual level:** Reason and spirit, generating emotional thought, form a wave of mental energy. The spirit penetrates it all cages. It through a wave genome, starts the genetic mechanism which forms conditions (homeostasis) for a metabolism. The metabolism creates a qualitative condition of cages. The negative emotional unjust thought worsens a qualitative condition of cages. The positive emotional just thought improves a qualitative condition of all cages of an organism. When the spirit of the person incorporates to Spirit of Lord, then each cage has healthy frequency.

Power level

Improvement of a qualitative condition of cages at power level is carried out through power systems persons:

- Light wave resonators;
- Center of absorption of light energy (charkas);
- Aura;

- Power channels of an organism;
- 12 pair channels, form internal;
- Visual system;
- Thermoregulation system;
- System of magnetic intercellular interaction;

Physiological level

Improvement of a qualitative condition of cages at physiological level is carried out:

- Through a metabolism;
- Organism clarification;
- Hygiene observance;
- Stay in pure environment;
- Daily physical activity mode without harmful addictions.

Anatomic level

Improvement of a qualitative condition of cages at anatomic level is carried out:

- Normal poses at movement, standing, sitting, during a dream;
- Physical culture, gymnastics, charging.

Stages of formation of a healthy state

Restoration and preservation of acid-base balance of biological environments of an organism

- Restoration of acid-base balance of biological environments of an organism in the non-polluting nature at power level.
- Development of an alkaline food: 80% of alkaline food, for which digestion are developed pancreatic juice, and 20% of acid food, for which digestion are developed gastric juice. An alkaline food supports acid-base balance through a metabolism at physiological level. That flavoring preferences didn't break acid-base balance, develop a habit: "Always to look for tasty among useful and useful - among tasty!"
- Restoration of acid-base balance by classical, sacred, harmonious music at power level.
- Restoration and preservation of acid-base balance by kind thoughts, intentions and aspirations, goodwills and blessings at spiritual level.

Development of improving abilities is necessary for restoration of a healthy condition

- Abilities of an equilibration of mentality in various social conditions calm of reason and heart.
- Abilities of disposal of harmful addictions and addictions and acquisition of useful habits.

- Abilities of control of vital systems of an organism and its complete normal functioning.

Acquisition of skills health of savings is necessary for preservation of a healthy condition

- Concept, definition and frequency and resonant diagnostics of a healthy condition of the person.
- Skills of development of rules daily savings health.
- Skills of preservation of the counterbalanced mentality in various social conditions quiet reason and heart.
- Skills of preservation of a healthy condition of an organism in various natural and social conditions.

Accumulation of experience of a healthy lifestyle by skills savings health in various social and natural seasonal conditions (in the spring, in the summer, in the autumn and in the winter) by rules daily savings health for preservation of a healthy condition within a year. The way of life which keeps a healthy condition of the person within a year, is healthy.

Diagnostics and criteria of health

Diagnostics can be functional, structural and full. Functional diagnostics checks physiological functioning of an organism. Structural diagnostics checks an anatomic structure of the person. At long physiological violation of functioning of an organism the anatomic structure of an organism is broken. Complete diagnostics begins with diagnostics of mentality which reveals harmful addictions and the habits which have led to violation of physiological functioning and an anatomic structure of an organism. Diagnostics is carried out by criteria of health.

- **Functional criterion of health:** the counterbalanced mentality, the exposed plastic backbone, pure blood, good sight.
- **Power criterion of health:** own frequency of cages of 8 Hz and length of 8 meters.

The medicine has no drugs and procedure honey to provide to the sick person frequency of cages of 8 hertz and length of a wave of 8 meters.

- **Spiritual criterion of health:** the quiet reason, quiet heart are life and health of a body.
- **Medical criterion of health:** acid-base balance of all biological environments of an organism. The acid-base balance of all biological environments of an organism is reached by an alkaline way of life.

Transition to a healthy lifestyle

The person forms a healthy lifestyle in the natural and social environment. That is the healthy lifestyle has individual human,

natural and social aspects. The individual aspect is defined by knowledge and abilities of the person to pass to a healthy lifestyle and its message. Transition to a healthy lifestyle of people carries out development of improving abilities, acquisition of skills of a health savings and periodic diagnostics by spiritual and power criteria of health.

Development of improving abilities

Improving abilities develop disposal of harmful addictions and addictions, and acquisition of healthy habits. The addiction is at the bottom of diseases. From addictions develops imperceptible (with normal health) a disease condition, i.e. 6-8 years previous an illness. Release from addictions and formation of healthy habits are promoted by spiritual consciousness.

Formation of spiritual consciousness

The spiritual consciousness is formed by spiritual knowledge. It creates peace spirit and conducts the person to goodwills and blessings. The peace spirit, goodwills and blessings is the moral community uniting people. The spiritual consciousness provides purity of thoughts and helps the person to distinguish the good and evil that in the benefit and that to the detriment that spiritually - is moral, and that is spiritless, to expect result of the conceived behavior and to make a right choice.

Control of vital systems

Activity of the person is supported by the main vital systems: internal breath, external breath, visual, acoustical, adaptations to environment, thermoregulation, power, nervous, muscular, immune, hormonal, blood and vascular, emotional, coordination.

Control of vital systems consists in normalization of operation of mechanisms of realization of their functions [1-7]. Control of vital systems of people carries out the appropriate measures and exercises in non-polluting environment. Result of control should be the counterbalanced mentality, balance of excitement and braking of nervous system, hormonal balance, balance of inflow and outflow of blood of a brain and acid-base balance of all biological environments, normal complete functioning of an organism. Control of vital systems turns into a healthy habit within a month an emotional reinforcement.

Health savings

Health savings is carried out by healthy habits and performance of rules daily health of savings [1-7]. Healthy habits are: alkaline lifestyle, mobile healthy activity, daily control of vital systems, the spiritual and moral relations, goodwills and blessings in a family, on work and in society.

General rules daily savings health

- To rise at sunrise, to execute hygienic procedures. To adjust consciousness cultural wealth of the spiritual doctrine on goodwills and blessings, to create peace spirit.
- To adjust adaptation system on development of neuromediators gipotalamusy, to intensify development of hormones by endocrine system of glands for normal functioning of an organism. For maintenance of hormonal balance it is necessary to eat every day 50-100 g of fresh bilberry.
- To adjust vital systems of an organism and to carry out its complete control according to daily, monthly, seasonal and annual Nature cycles.
- In 30 minutes prior to a breakfast, a dinner and a dinner to drink a glass of mineral or spring water and to be released from negative energy in soul or a bathroom. For a breakfast, a dinner and a dinner is non-polluting food.
- During the day to keep quiet reason and quiet heart for maintenance of biological rhythms and pulse in a normal state. The tranquillity keeps mental health and does counterbalanced nervous system which keeps physical health. The tranquillity is reached and supported by goodwills and blessings.
- To carry out activity by healthy habits during the day for preservation of a mental and physical healthy condition.
- To observe hygiene within days from penetration of parasites into an organism.
- Active activity to carry out from morning to 19 o'clock in the afternoon in the bewitching non-polluting environment with just thoughts. After 19 hours quiet activity begins.
- Before going to bed to walk in the open air.
- Before going to bed to adjust consciousness cultural wealth of the spiritual doctrine on goodwills and blessings. To sleep in well aired room.

Healthy lifestyle

The person carries out a healthy lifestyle healthy habits on the basis of rules daily health of savings and coordination of social activity with natural rhythms daily, seasonal and annual in the healthy natural and social environment [1-7].

Coordination of social activity with a daily cycle of the nature

Coordination of social activity with a daily cycle of the nature is carried out for preservation of a healthy condition of mentality and an organism. The daily social cycle of activity of the person breaks into time intervals of work, rest, a dream, and a food. The daily natural cycle consists of day and night. To be awake the person should

during daylight hours, and sleep in the dark. To such way of life still countrymen also adhere. To eat three times a day, keeping feeling of easy hunger. The best rest is a change of occupations. To make work, to accept food, better to have a rest and sleep always in at one time.

For 1 h. to a dream to stop physical or mental work. The last food intake should be no later than for 3ч. to a dream. It is better to sleep in well aired room. At 22 o'clock people feel small drowsiness is a condition 10-20 minutes proceed and it can be used for falling asleep. Small children it is necessary to put to bed at this time. And optimum time for a dream from 22 to 5-7 o'clock in the morning.

Environment for a healthy lifestyle

The pure Nature keeps to us health. Earth gives rise to springs of healing drinking water, food and curative herbs, vegetables, fruit trees, accepts rains and snow. The person, animal and flora are a part of the Nature. The Nature surrounding us is continuation of our body and all animal and flora. For a healthy lifestyle and savings health clean air, pure water, pure food, a net energy, the pure city and the village, the pure Nature is necessary to people. The state and society should protect environment.

The social environment for a healthy lifestyle

The social environment should promote completion and preservation of a healthy mental and physical condition and formation of healthy habits in a family, in labor collective and society. The state should supervise release of healthy food by producers and establishments of public catering. Cultural institutions and educations, spiritual faiths and citizens should form the social environment for mentally healthy spiritual life of the population. The health centers, the preventive centers and establishments of physical culture should form the social environment for healthy life of the population and completion of a healthy human resource and a healthy lifestyle, as cultural tradition that it passed from father to son. Through an example and experience of seniors the young generation since the childhood will join it in the course of cultural communication.

For preservation of health of the nation healthy lifestyle promotion not in a narrow sense, as occupations by any types of physical culture, and as conscious way of life, in its deep understanding which should be put in young outlook, at the age of elementary school is necessary. It is promoted by the educational program on development of improving abilities, training health to savings, a healthy lifestyle and healthy longevity [1-7]. Family education about a healthy lifestyle is necessary. Then the family will promote healthy lifestyle formation as to cultural tradition.

Spiritual processes of society and global health

There is a global interrelation between spiritual processes of the person and his physical health. We destroy ourselves from within inspirituality. All of us at each other influence - all without an exception. Spiritual processes of health of the person are necessary for cultivating meaningfully in society. To reach global health the mankind has no other way. The spiritual infrastructure of society should influence in a global and defining way health of everyone, quickly restore, keep and improve health, a spiritual and physical form of the person and society - through understanding of spiritual processes of health. Main participants of realization of this process: education establishments, spiritual faiths, improving establishments, art, mass media.

To think about health, to aspire to a healthy condition, should be a habit of everyone

Daily joining in spiritual processes of the health, everyone can essentially improve the health and others and keep it. Diseases leave, the person and people around start to feel better physically and spiritually, it becomes easier to live. To recover health the mankind has no other way!

In the course of cultural communication in language of health healthy processes become more active, and they will start to bear healthy interrelations. If it occurs, the mankind would recover health in months! Relationship in society would change, and personally it would become much easier to everyone to live and feel psychologically.

Social infrastructure of health care of maintaining of health

Social infrastructure of health care of formation and maintaining of health includes educational, professional, the supporting, service substructures [8-12]. Social infrastructure is directed to increase in knowledge on health issues and its protection, to formation of skills of strengthening of health, creation of conditions for maintaining a healthy lifestyle, both certain people, and society in general. The kindergarten, school, education institutions, the centers of health, physical culture objects, health the preserving medicine have to form skills of a healthy lifestyle. The educational structure performs function of information and propaganda dissemination of knowledge for all categories of the population about health and a healthy lifestyle. The service structure carries out a healthy delivery, the organization of the active recreation, mass morning exercises, creation bicycle and caps, dance floors, green zones used for the outdoor games etc. (Figure 1).

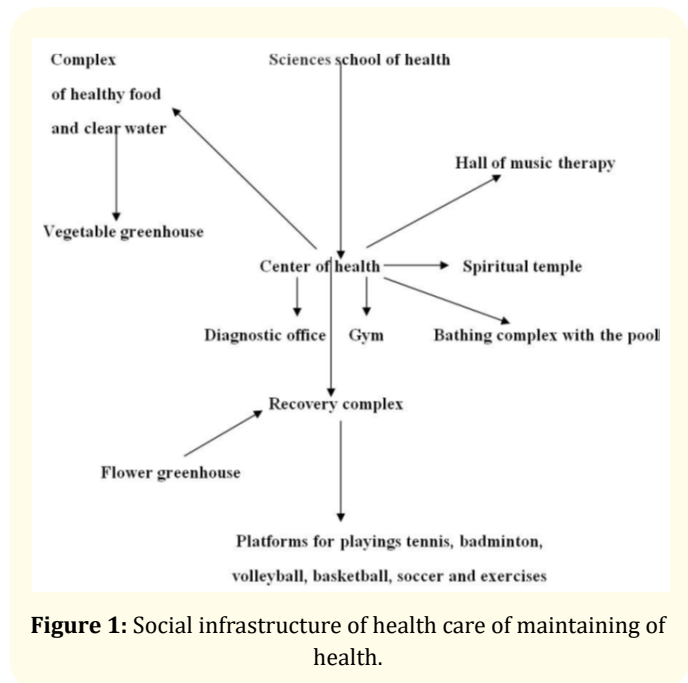


Figure 1: Social infrastructure of health care of maintaining of health.

Health of the sustentaculum includes nurseries improving the camp for formation of skills of a healthy lifestyle at younger generation, the centers of health on development of a healthy lifestyle, hygienic and endoecological complexes.

The educational structure trains the population and trains specialists in training of the population in transition to a healthy lifestyle:

1. Experts for the centers of health and sanatorium institutions in carrying out consultations, a practical training on transition to a healthy lifestyle.
2. Lecturers on formation health of creative outlook, to education and motivation of the population to a healthy lifestyle.
3. Pedagogical workers for the universities and schools on formation health of creative outlook, to education to a healthy lifestyle of the younger generation.
4. Social workers for carrying out a practical training with the population on transition to a healthy lifestyle and formation of family and cultural public tradition of a healthy lifestyle.
5. Games-masters for training of the younger generation in control of biotic systems for healthy functioning of an organism.

The professional structure realizes organizational measures of maintaining health of the working population. Health influences

quality of a manpower, efficiency of social activities and by that dynamics of economic development of society. During life 1/3 common times the professional person participates in work. Therefore it is important that under the influence of work there did not occur deterioration in health. Creation of service for restitution of healthy functioning of an organism is necessary.

It is necessary to conduct spiritual education for activation of spiritual processes of society for achievement of global healthy wellbeing. Spiritual processes of society influence in a global and defining way health of everyone. From a spiritual state to a healthy state - is much faster. Interrelation between spiritual processes of the person and his physical health fundamental. Improvement of the person happens a positive mental energy which is generated by a spiritual thoughtway, in an ethical way of a word, good wishes, a healthy image of activity in an ecological clear environment, spiritual bonds with society and God, love to environmental visible and invisible.

It is necessary to allocate mass media, pedagogics, medicine and art for globalization of health to show in essence new path of development of humanity and, on the present, to build infrastructure of public health care. To recover health, and to children first of all, it is possible only this way. The mankind has no other way. It is possible to receive reorganization from the people having high health creative fitness very quickly. The mankind used it the millennia. Spiritual processes of health will result mankind in global healthy wellbeing.

Purity of the person is guarantee of his health. Spiritual and also mental (sincere), power, physiological and anatomic purity is criterion of purity of each person. The hygiene maintains anatomic purity. The endoecology maintains physiological purity. The natural ecology and a light bioenergy of an organism defines power purity. The orthodox psychology helps to provide mental purity. Spiritual life provides spiritual purity. The hygiene and endoecology, physical culture and natural ecology, balanced mentality (quiet mind and quiet heart) and spiritual life are a healthy lifestyle. The healthy lifestyle maintains purity of the person. The clean nature and a healthy lifestyle of the person adjust an organism on normal functioning and support a healthy state it.

Conclusion

Main objective of development of the modern health care has to become transfer of the population to a healthy lifestyle. For this purpose it is necessary to form health the preserving infrastructure and to create conditions for healthy activity and natural measures of a normalization of biotic systems of the composite sub-

stance of the person. The modern health care has to motivate the population to a healthy lifestyle. Increase in motivation at the population to natural measures of a normalization of an organism and to a healthy lifestyle has to be the purpose of the modern health care. Problems of the modern health care becomes have to: formation health of creative outlook of the population, lecturing and distribution of literature on naturally scientific aspects of health and a healthy lifestyle, participation of citizens in improving spiritual and sports collective actions, acquisition by citizens of all categories of the useful habits. To provide mass availability of the population to objects of physical culture: to stadiums, gymnasiums and platforms, pools. To provide a healthy delivery and access to water alone and also diagnostics of a physiological condition of citizens. To organize for the population of an action for formation of family and public culture of a healthy lifestyle and to physiological, power and spiritual clarification. To provide to the population ecology of a surrounding medium, clean air, conditions of labor healthy activity.

Relevant is a process of a becoming of the international scientific communities aimed at development of applied scientific research with application of digital platforms and network forms of cooperation on identification of natural measures of a normalization of biotic systems of the person, formation health of the supporting medicine and infrastructure of health care for realization of natural technology of high-quality transition of the population to healthy activity. The technology of high-quality transition of the population to healthy activity is relevant for all mankind. It is on a global scale expedient to enable its realization within International MEGA of the project.

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